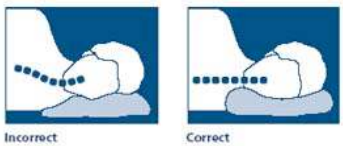
Pillow Sizing Chart

Choosing the pillow thickness that best fits your body and sleeping position habits is crucial for receiving the optimal alignment and support benefits from the Tempur-Pedic Swedish Neck Pillow™.

Your Height	Your Body Type	Shoulder to Neck Measurement	Your Optimal Pillow Thickness	
			If you sleep on your side	If you sleep on your back
Under 5'3"	Small - Average	Up to 4"	S	S
Under 5'3"	Average- Large	4" - 6"	M	S
5'4" - 5'9"	Small - Average	4" - 6"	M	S
5'4" - 5'9"	Average- Large	6" - 8"	L	M
5'10" - Over 6'	Small - Average	8" - 10"	L	M
5'10" - Over 6'	Average- Large	8" - 10"	L	L

Product/Options	Dimensions	Pricing
Small	20 x 12 x 3	**$85**
Medium	20 x 12 x 4	**$99**
Large	20 x 12 x 4.5	**$135**
Travel	10 x 12 x 4	**$80**
Queen Medium	24 x 12 x 4	**$130**
Queen Large	24 x 12 x 4.5	**$140**
King Medium	34 x 14 x 4	**$165**



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